

Un-fried Chicken

Cook time: 1 hour

Makes: 8 servings

Ingredients

4 pounds chicken pieces, skin removed

1 carton yogurt, non-fat plain (8 ounce)

1 1/2 cups bread crumbs (or crushed cereal)

non-stick cooking spray

Directions

1. Preheat oven to 325 degrees.
2. Coat chicken with yogurt. Roll in bread crumbs or crushed cereal.
3. Spray baking sheets with non-stick cooking spray and place chicken pieces on them.
4. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns.
5. Serve. Refrigerate leftovers.

Source: University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 1, 2000

Nutrition Information

Nutrients	Amount
Calories	350
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	145 mg
Sodium	430 mg
Total Carbohydrate	17 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	52 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available